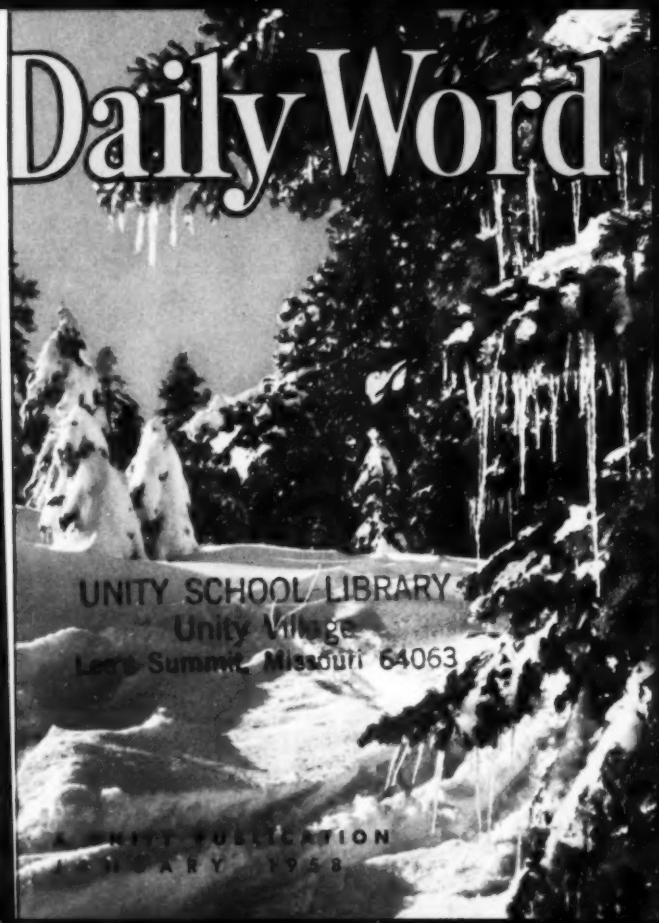
Daily Word



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A UNITY PUBLICATION
JANUARY 1958

Pray with Silent Unity

PEACE . . . **Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.**

PRAYER FOR WORLD LEADERS: **Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.**

•

PRAYER FOR ILLUMINATION (11 a.m.): **Christ in me frees my mind from every limitation and gives me new light and understanding.**

•

PRAYER FOR PROSPERITY (12 noon): **I am free with the freedom of the Christ Spirit. The way is open for my abundant prosperity and success.**

•

PRAYER FOR HEALING (9 p.m.): **Through Christ in me, my mind and body are unfettered and unbound, whole and free!**

DAILY WORD is nonsectarian. It is published monthly by UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI. Single copies at 15c each. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

Entered as second-class matter, at the post office at Lee's Summit, Missouri. Accepted for mailing at the special rate of postage provided for in sec. 1103; act of Oct. 3, 1917, authorized June 13, 1924.

Unity School publishes the following periodicals: Unity, You, Weekly Unity, Good Business, Daily Word, and Unity Sunday-School Leaflet at $1 a year each, and Wee Wisdom at $2 a year. No additional postage charge for subscriptions to foreign countries.

DAILY WORD

Edited under the inspiration of Silent Unity

Vol. 68 **JANUARY, 1958** **No. 1**

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How Perfect—*R. H. Grenville* - - Back Cover

Cover—Josef Muench

Center Photograph—Willard Elliott

DAILY LESSONS FOR JANUARY

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7. This Day
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The Right Start

J. SIG PAULSON

THE past is gone. Let it be gone. This is a time for new beginnings, a time to make a right start.

But you may be thinking, "I have made so many new beginnings in my life, so many false starts, so many bright resolutions, so many firm declarations of good intentions. Then somehow my resolves have seemed to falter, my declarations have seemed to weaken, and I have fallen back into the old patterns of living. Is there such a thing as the right start? Is there a certain and true foundation for rich, successful, and worthwhile living?"

Yes, there is—the RIGHT START. In the simple, direct, and soul-searching words of Jesus, we find it!

"But seek ye first his [God's] kingdom, and his righteousness; and all these things shall be added unto you."

In this admonition Jesus outlined the formula for making the "right start" on any venture, whether it is a new life, a new year, a vacation, a business conference, or any of the countless activities which fill our days. Jesus' words sprang

from His recognition of the truth that each man has within himself the divine potential, inner resources without limit. Jesus termed these inner resources the "kingdom of God." God did not bring forth man, His highest creation, and leave him to shift for himself while He wandered off to some remote and inaccessible corner of the universe. No! When God created man He incorporated His own Spirit into man's very being. "For lo, the kingdom of God is within you."

The kingdom of God within us is the source of every ounce of strength, every bit of wisdom, every breath of life we possess. There lie within us undreamed of pools of wisdom, power, love, and life, awaiting our discovery and use. We need not stand alone; we need not struggle to solve our problems with our "human" understanding and strength. We have access to the wisdom and power of Almighty God. We falter, we weaken, we fail, not because of the challenges we meet, but because we do not establish contact with God's Spirit within. We forget to call on our inner resources. We too often think of God as a last resort, when our human efforts and ingenuity have failed.

The mighty characters who stride through the pages of the Bible and through all history, from Moses to Jesus, from Buddha to Schweitzer, be-

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The mighty characters who stride through the pages of the Bible and through all history, from Moses to Jesus, from Buddha to Schweitzer, be-

came great not because their lives were free of problems, but because they sought and found within themselves the power that enabled them to meet successfully the experiences of life. The failures chronicled in the Bible and in history are the experiences of those who have forgotten God and ceased to seek His kingdom.

The words of Jesus are as up-to-date as the headlines of a morning newspaper. It is easy to imagine that He is saying: "Do not fret and become upset over the problems and difficulties facing you. You have within you the inner resources, the kingdom of God, that will enable you to solve all of your problems if you will but turn aside from them and 'seek . . . first his kingdom, and his righteousness.' "

It is strange how often we act as if the wisdom that created and sustains this universe is not capable of directing our lives. Let us make our first step in every undertaking a move to establish closer contact with God. How simply logical this is—as simply logical as to fill the gas tank of our car before setting out on a journey, or to plug an electric lamp or motor into a power outlet before trying to use it. No matter what problem, opportunity, challenge, situation, or project faces us, we should take the time to contact our inner resources.

Getting off to the right start, discovering and contacting God, is a special and unique experience for each soul. No two ever travel exactly the same path or find exactly the same revelations, because no two individuals are exactly alike. Since the kingdom of God is infinite, each one will find whatever he is able to believe and accept. There are, however, certain suggestions which prove helpful in the beginning. Sincere seekers will awaken almost immediately to the presence of an inner wisdom that will help them in their search, for the kingdom of God has magnetic qualities that attract those who seek.

First, realize that we are seeking an inner kingdom, a source of power that is within our own beings. If this is a new concept to you, do not struggle with it. Accept it insofar as possible now and it will come to have a deeper meaning soon.

Next we withdraw our attention from outer conditions and appearances. This may seem difficult at first, because we are in the habit of focusing our attention on our surroundings and the physical aspects of life. However, consistent practice will establish a new habit of directing our attention Godward. In order to do this we must entice our attention from the fears, worries, concerns, hopes, and desires that usually claim it. This is not a battle, so do not force yourself. This

is a search for treasure, the greatest treasure you will ever find. Quite often the reading or repetition of inspirational thoughts and words is helpful in changing the trend of our minds' activities.

Now, let us consider the nature of the kingdom we are seeking. We do not seek money, or cars, or any other material treasure—we seek the spiritual qualities of faith, life, love, power, enthusiasm, and joy which underlie all that appears. We are seeking the secret of life itself.

We now move into a more active phase of our seeking. This requires the stirring up of our faith. As Paul says: "For whoever would draw near to God must believe that he exists and that he rewards those who seek him." Putting this idea into the form of an affirmation can be a wonderful help in our search: "I acknowledge the presence of the kingdom of God within me. I seek its treasures in the joyous realization that they are seeking me" (Heb. 11:6 R.S.V.).

We take our time; we enjoy each step of our journey. We are well on the way and we are unhurried. We do not try to analyze what is happening in our minds, hearts, and bodies. Analysis can come later. By this time we should be completely relaxed and conscious of a deep feeling of peace and well-being. "I relax completely in the glorious presence of God." Again, do not try to

force what is happening. Remember, God is the self-revealing One—our part is to open our consciousness to His revelation.

The presence of God is the most real thing in our consciousness, and we are ready to step into the deep experience of communion with Him. Affirm quietly: "I now release my thoughts and feelings to the guidance of the Spirit of truth." When we have reached this stage in our search, God literally takes over, and what transpires is between God and the individual. This experience can be reached by every sincere seeker, for the kingdom of God is not reserved just for so-called enlightened souls.

In having sought the kingdom and found oneness with God, we have made the right start. We turn confidently to the problems, opportunities, resolutions, or activities that lie before us, and we make an amazing discovery! In seeking the kingdom, our fears and worries have vanished. Our problems have changed, because we, the most important single element in them, have changed. Either our problem has disappeared altogether, we know the answer, we have the assurance that it will be forthcoming, or we have miraculously been given the courage to face the problem squarely and handle it successfully. Often our thoughts of what is best for us have changed.

One woman who felt the need of a healing made the right start and came to the realization that her real need was to forgive a sister for a long-buried hurt. She forgave her, and the healing was "added unto" her. A business man who desperately desired more money made the right start and found a new idea of service to his customers that completely rejuvenated his company. A certain man who desired more happiness was led into an entirely new life and found happiness "added unto" him through the expression of unsuspected talents. Every day men and women discover that life holds new interest and meaning, because they have made a "right start" by establishing contact with their inner resources.

You can make a new start—the Right Start. No one else can do it for you. God bless you as you begin the greatest adventure in your life!

WAIT BEFORE WRITING

During the latter part of the Christmas season, the handling, transportation, and delivery of mail may be slowed, so please allow plenty of time for your Unity literature orders and the periodicals you regularly receive to reach you. While the Christmas mail congestion lasts into January, practically no mail is lost as a result. But delays do occur, so will you help us by waiting patiently for your literature to arrive? Thank you.

Dear Friends . . .

The following are excerpts from letters written to DAILY WORD. *We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use* DAILY WORD *and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.*

From New Jersey:

I feel very close to my Unity friends after having read DAILY WORD each morning, as I always do. I always feel stronger and more able to go out and do my day's work.

I am a nurse's aide, and my lesson each day helps me to be better able to help with the patients and to know what to say and how to say it to encourage them to get well. I have been told

by many of my patients that I have been a great help and comfort to them and I know it is because you are praying for me, and my DAILY WORD helps me to help others, which in turn helps me again. I am sure that I am stronger and more able to carry on my work in the hospital since I began to read DAILY WORD, and also to help my own loved ones.

From New York:

We have had you send DAILY WORD many places in the world. They make new friends, too. I keep all my issues and hand them out to people whose faith has become dulled. They never fail to give a new outlook. My husband called upon a Jewish firm one day, when we were living in New York, and guess what? The official he had an appointment with was reading DAILY WORD when he walked in. My husband said, "You, too!" The gentleman answered, "I've been reading it for years. I don't worship your Jesus Christ, you understand; I just think he was a fine man—probably the most perfect man. But your Christian principles are also that of a good orthodox Jew, whether you know it or not. I keep my DAILY WORD in my desk and I begin my business day by reading the daily lesson."

Isn't that wonderful!

From New Jersey:

I wonder if the subscription I sent to Turkey has expired? If so, let me know and I shall renew it. She is a Moslem and writes, "I wonder if those good people know how much those daily lessons mean to me? I'd like to write to them and tell them."

Of course, you know and so do I. DAILY WORD is my life. God bless your wonderful work.

AN INVITATION

FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph, Unity, WUX, Kansas City, Missouri, or BAltimore 1-4720, Kansas City, Missouri, or by letter to Silent Unity, Lee's Summit, Missouri.

TODAY I MAKE A NEW BEGINNING. WITH GOD'S HELP I AM THE HAPPY, SUCCESSFUL, PEACEFUL PERSON I WANT TO BE.

NOT only at the beginning of a new year, but at the beginning of each new day, this is my prayer. It is wonderful to know that I can always make a new beginning. God is with me, as close as my heart and mind, to guide me into new and better ways, to strengthen me in my resolves.

Just as there is within me the desire to be better and to do better, so there is within me the ability to attain this desire.

As I begin the new day with prayer, I let go all thought of the mistakes of yesterday. I do not condemn myself. I realize that the things I do not approve of in myself are passing away, and the wonderful person I want to be is coming into active expression through my thoughts, my words, and my actions.

With God's help I make a new beginning. I react happily to life and I am on my way to being the person I really am in God's sight.

♣ *Put on the new man, that after God hath been created in righteousness and holiness of truth.*—EPH. 4:24.

I MEET THIS DAY WITH A VITAL SENSE OF NEWNESS.

I MEET THIS day with a vital sense of newness and I approach every experience with a freshness of viewpoint. New ideas are stirred within me and old tasks are performed in new and better ways. Old ideas are seen in a new perspective and are newly inspiring. I am open and receptive to fresh inspiration in the carrying out of my daily routine and I am lifted up and filled with joy as I go through the day.

Old beliefs are seen in a new light and I gladly relinquish those that fail to measure up to the Christ standards. As my mind is renewed, so also is my body, and I discover that every phase of my life is refreshingly new.

No old erroneous thoughts, conditions, or habits detain me in my perfect spiritual growth and unfoldment. As I turn to the Spirit within me, all that is unlike God is dissolved and replaced by His whole and complete good, and I find I am truly a new creature in Christ Jesus.

✤ *The old things are passed away; behold, they are become new.*—II COR. 5:17.

I HAVE PLENTY OF TIME TO DO ALL THAT NEEDS TO BE DONE. I AM RELAXED AND AT PEACE.

If I am under any thought of bondage to time I realize that there is an orderly way to adjust my affairs so that I am able to do all the things that I need to do. It is only when I allow myself to feel hurried or tense that I am not able to accomplish what I would like to at the time I would like to accomplish it.

I start right now praying and knowing that my mind is in order, my life is in order, my affairs are in order, my time is in order. I bless those who are depending on me with the thought that they have faith in God's Spirit in me to meet whatever arises in an orderly way. And I, in turn, have faith in God's Spirit in them to handle their affairs in order and at the right time.

I do my work lovingly and joyously, not wasting one moment in worry, not dissipating my good by fretting. I take positive action and I use my time wisely and well.

For a thousand years in thy sight
Are but as yesterday when it is past.
—PSALMS 90:4.

THE LIGHT OF TRUTH SHINES THROUGH MY WHOLE BEING TODAY.

I WORK in the light of Truth. I bless my hands and feet, my eyes and ears, every muscle of my body, and I rejoice in perfect co-ordination, perfect control, and untiring strength. Whatever work I do, I do it in the name and through the power of Christ, and every task blesses me and blesses those around me.

I relax in the light of Truth. I bless all of the forms of relaxation and entertainment that present themselves to me. I participate in those pleasures that will be most productive of happiness and well-being for me and mine.

I rest in the light of Truth. I bless the hours that are set aside for sleep. I know that during the hours I am sleeping I am being renewed, revitalized, and re-inspired. Whether I am awake or asleep, the light of Truth shines through my mind and body to bless my whole being.

Today I pray in the light of Truth. And such prayer finds a quick and ready answer.

Thy word is a lamp unto my feet,
And light unto my path.
—PSALMS 119:105.

THE CHRIST PRESENCE SURROUNDS, SUSTAINS, AND PROTECTS ME.

THE CHRIST in each one of us is bidding us have faith. His reassuring love is saying, "Be not afraid." If there seems to be danger or threat of danger, we know that the Christ presence surrounds, sustains, and protects us. His love reaches out, from within the very recesses of our beings, to give us the steadying influence that we need. His light shines forth to guide our steps and to make plain our way.

When we are in our homes, the Christ is there—surrounding, sustaining, and protecting us. When we are traveling by car, by plane, or aboard ship, the Christ is there. No matter where we are, where we go, we cannot be beyond His care.

As we remember that the Christ presence surrounds, sustains, and protects our dear ones in the same way, we can release any anxious thought. We can give them our blessing knowing wherever they are whatever they are doing, they are secure in His love. Our part is to keep our minds and hearts at peace if we would be a strengthening influence.

✤ *Be not afraid.*—JOHN 6:20.

I JOYFULLY LOOK TO THE WISDOM OF GOD FOR MY GUIDANCE AND INSTRUCTION.

TURN resolutely to God in prayer. Remember that His Spirit is in you. He is the light of your life, the inspiration of your heart. You have direct access to the fountain of all wisdom just as all persons have; so open your mind and heart to God and let Him teach you. Say: "Father, I am open to Your instruction and guidance. Teach me, so I can follow diligently the way You would have me go."

Talk to God as you would talk to a friend. Tell Him your problems and in all sincerity await His answer. As you yield yourself to Him in prayer, there will be no mistaking the inspiration and light that He reveals to you. New ideas of how to adapt yourself to existing conditions will flow into your mind, and a satisfactory solution will be forthcoming. God is indeed your wise counselor and He will guide your way. You can joyfully release yourself to Him and expect right answers.

I am continually with thee . . .
Thou wilt guide me with thy counsel.
—PSALMS 73:23, 24.

I LET GOD WORK IN AND THROUGH ME TO MAKE THIS DAY THE BEST DAY OF MY LIFE.

I REJOICE in this new day! This is my day. I let God work in and through me to make it a perfect day. I have no concern for tomorrow or any of the tomorrows, for this is my day of renewal, my day to work toward the goal I have set.

Each moment comes to me as an opportunity to strengthen my faith, courage, joy, wisdom, happiness, and love. This is my day! I live it fully, freely, lovingly, and joyously. I am strong and courageous, for my Father is with me every moment. His wisdom abides with me through every hour, and I find perfect peace and freedom.

Joyfully I rise and walk in a new consciousness of life. This is my day! I accept the bountiful good God has placed in this day for me. I see this good in people; I see this good in events; I see this good in circumstances. This day is a time of new beginnings, and I apply my energies effectively and constructively to make this the best day of my life. I let God work in and through me.

✤ *See the salvation of Jehovah, which he will work for you to-day.*—EXOD. 14:13.

GOD'S LAW OF DIVINE JUSTICE IS NOW AT WORK IN MY LIFE AND AFFAIRS.

I BELIEVE in the law of divine justice and I trust this law to work out every situation in my life. I know that no one can keep my good from me. I know that nothing can interfere with the perfect working of the law.

If appearances seem unjust and beyond understanding, and if situations become so complicated that I cannot see a solution, I remember that regardless of appearances, regardless of the situation, God's law of justice is always at work. The working of this law will bring into my life those things which are fair, just, and right.

I know that God's law does not fail, cannot fail. But for God's law to be effective in my life I must take that attitude of mind that contributes to justice. Therefore, I keep my thoughts loving, kind, and forgiving. I know that my own cannot be taken from me, I know that I cannot take another person's good from him. I trust in the certainty of God's law of good and I accept justice as the natural outworking of that law.

♣ *I will walk within my house with a perfect heart.* —PSALMS 101:2.

I LET THE LOVE OF GOD FLOW FREELY THROUGH ME, CALMING MY EMOTIONS AND HEALING MY HEART.

CHARLES FILLMORE has said, "The physical representative of love is the heart, the office of which is to equalize the circulation of the blood in the body. As the heart equalizes the life flow in the body, so love harmonizes the thoughts of the mind."

I consciously let go of all feeling or memory of past hurts, unhappiness, or heaviness. I let the love of God flow through my mind, calming my emotions, forgiving and blessing myself and others. This love equalizes and harmonizes every organ, every function, and every part of my body.

Nothing can interfere with my healing if I do my part, for God is unchanging love and life; He is working through me now. I co-operate with Him by letting His love fill my mind and radiate through me to others, and immediately my heart responds with new life and my body with new order, health, and strength.

Keep thy heart with all diligence;
For out of it are the issues of life.
—PROV. 4:23.

IN THE MIDST OF CHANGING CIRCUMSTANCES I KEEP MY MIND STAYED ON THE CHANGELESS SPIRIT OF GOD WITHIN ME.

THE Spirit of God is changeless good. If I have failed to measure up to the highest that is in me, His forgiving Spirit smiles on me still. If I have wandered off in forgetfulness from Him, His loving arms remain wide-open to welcome me back.

God's love for me is the same yesterday, today, and forever. In His eyes I am His dearly beloved child.

I have no fear in the midst of changing circumstances, because His presence, like a rock unmoved and steadfast, shines within me and is ready to help me. His infinite resources remain for my acceptance. Whatever may seem to elude me here in the world of changing appearances, I can always find waiting for me in the changeless, dependable Spirit of God within me. Through working with this changeless, dependable Spirit, I can reconstruct circumstances and rebuild my world. I keep my mind stayed on God and I am secure in His good.

✤ *I* am *the* LORD, *I change not.*—MAL. 3:6 (A.V.).

LORD, TEACH ME TO BE PATIENT WITH OTHERS.

I WOULD be as patient in my dealings with others, O Lord, as I desire others to be patient with me. I would be as patient in my words and ways, as able to understand and to remain poised, as I know You would have me be. Help me to realize that even as I have my freedom to progress as slowly or as quickly as I please, so do others have that same privilege.

Help me to be constantly aware that I cannot expect others to do as I think they should do. Help me to grant to them the same freedom to follow Your divine guidance that I ask them to grant to me. Help me to let go any critical observation of others. Help me to realize that, like growing plants, persons can unfold themselves only as their acceptance of the divine intelligence within them allows them to unfold. So, how can I be legitimately disturbed if I know that through Thy wisdom they are unfolding as fast as they can bear it? Lord, teach me to be as patient with those about me as I know You, at times, must have to be with me.

♣ *Be patient toward all* men.—I THESS. 5:14 (A.V.).

I ACCEPT MY APPOINTED GOOD NOW.

"I APPOINT unto you a kingdom," Jesus said, "even as my Father appointed unto me." "I appoint unto you a kingdom," the kingdom of light. There is light to quicken the intellect, light to illumine the heart, light to reveal the right.

"I appoint unto you a kingdom," the kingdom of life. There is life to heal the body, life to sustain the body, life to renew the body, life to infold the body.

"I appoint unto you a kingdom," the kingdom of plenty. There is plenty for the needs of the physical man, plenty for the needs of the spiritual man.

"I appoint unto you a kingdom," the kingdom of peace. There is peace for the mind, peace for the heart, peace for the world.

"I appoint unto you a kingdom," the kingdom of order. There is order in thought, order in feeling, order in actions.

Graciously, thoughtfully, and prayerfully step into your appointed kingdom!

✤ *I appoint unto you a kingdom, even as my Father appointed unto me.*—LUKE 22:29.

Window In The Night

R. H. GRENVILLE

When all the city lies asleep,
A window lighted seems to keep
Vigil with all the stars above,
And symbolize our Father's love.

When wakeful, troubled, anxious, I
See only darkened earth and sky,
I think of those whose ceaseless prayer
Goes out to bless men everywhere.

Friends whom I may never see,
Whose beacon faith shines out to me,
A radiance that signals clear:
"Be not troubled. God is near."

My loving thanks, O Lord, to Thee
For all who watch and pray with me:
Whose hearts, by Christ's love set alight,
Are as a window in the night.

THROUGH THE CHRIST MIND WE ARE UNIFIED IN THOUGHT, PURPOSE, AND UNDERSTANDING, AND INSPIRED TO RIGHT ACTION FOR THE GOOD OF ALL MANKIND.

THIS IS a prayer that we use in SILENT UNITY. We use it for world leaders; we use it for ourselves. For, indeed, it is the thought, the purpose, the understanding, and the right action of each person that directs the affairs of the world and establishes good for all.

If we are unified in thought there will be no contention. If we are unified in purpose there will be no division. If we are unified in understanding there will be tolerance and an exchange of ideas. If we are unified in right action there will be good for all mankind.

This is the faith of your friends who keep a vigil behind the lighted window. This is the reasoning of our minds; this is the prayer of our hearts. Will you "watch and pray" with us? Your heart will be "by Christ's love set alight." Your faith will be an integral part of the faith that makes possible "a window in the night."

♣ *We will continue stedfastly in prayer, and in the ministry of the word.*—ACTS 6:4.

I AM A SPIRITUAL BEING AND I RADIATE HARMONY AND HEALTH.

I AM a spiritual being. I belong to God; I can never be apart from Him. He is with me to heal me and to make perfect every part of my body. Regardless of appearances, I do not have to wait to some far-off time to express God's health. I believe with the full faith of my heart that health belongs to me now!

I claim perfection for myself by consecrating my body to God. Consecration to God means that I give myself to Him. Since He is life, I give myself to life; since He is strength, I give myself to strength; since He is wholeness, I give myself to wholeness. I give myself by giving the substance of my thought. As my thought is constructive and positive it has the power to renew, rebuild, and reconstruct every cell, organ, and function.

I daily am strengthened and nourished in the knowledge of God's abiding presence. I praise and bless my body and behold it as the beautiful, radiant, harmonious, and healthy body God created.

♣ *Come, and let us return unto Jehovah . . . and he will heal us.*—HOSEA 6:1.

GOD IS MY UNFAILING SOURCE OF SUPPLY. I TRUST HIM TO PROVIDE FOR MY EVERY NEED.

ARE you in need of more supply? It is the Father's good pleasure to give you of His bountiful riches. You lay hold of His riches through faith; you claim your prosperity and success as you realize they are your heritage.

If you are in need of finances, instead of becoming fearful and doubtful, you can increase your supply by giving thanks and praising God. You can pray, "Father, I do give thanks to you for my supply. I look to You to provide me with all that I need to make life secure and happy. No longer do I look to outer avenues for my prosperity. I trust You as the Giver of all good things. My heart is open and receptive. I praise You and bless You for showing me the way to everlasting abundance."

When you trust God, you will no longer feel that you need to direct the avenues through which your supply is to come. All channels will be open. Trusting God, you will be receptive to His guidance; your way will be made clear.

✤ *The God of heaven, he will prosper us.*—NEH. 2:20.

Thursday

TODAY WITH GOD'S HELP I AM GOING TO LOOK ONLY FOR THE GOOD IN EVERY PERSON, THING, AND CONDITION.

I AM going to look for the beautiful and good today. I am going to look on the bright side of situations and make a very concentrated effort to keep my thoughts and words radiantly optimistic. If persons come into my life expressing unpleasant personality traits, I will look past these unpleasant characteristics and keep my attention resting on the Christ presence within them. If others around me engage in critical conversation concerning a third party, I will not join in; but when the opportunity presents itself, I will inject some good word about that person, I will express some thought of praise.

In my analysis of governmental policies and world affairs, I will keep my eyes on the constructive efforts that are being made, and I will give praise for the efforts of those involved even if I cannot always agree with the results. I look only for the good. With God's help I add the weight and power of my thought and word to the good.

♣ *Whatsoever things are lovely . . . think on these things."*—PHIL. 4:8.

MY LIFE IS SERENE, HAPPY, PEACE-FILLED, AND FAITH-FILLED, FOR MOMENT BY MOMENT I AM AWARE OF GOD'S PRESENCE.

WE are never out of God's sight and care. Unceasingly, unfailingly, He is with us to help us grow and unfold, to lead us in ways that will make our lives richer and happier.

In retrospect we can readily recall how God has lovingly brought us through trying and difficult situations, how time and time again, God has unerringly guided each step of our way.

After we have come through an unhappy experience, how often we have thought or said, "If I had only had faith in God. If I had only realized that He was with me in the fullness of His power. If I had only known that all things in my life were working together for good."

In daily prayer we gain the realization that God's power is available to resolve every problem that confronts us. He is an ever-present help. How serene, happy, peace-filled, and faith-filled we become when moment by moment we are aware of God's abiding presence.

✤ *Jehovah thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.*—DEUT. 31:6.

I TURN TO GOD OFTEN THROUGHOUT THE DAY FOR RENEWAL AND REFRESHMENT OF MIND AND BODY.

THERE is so much to learn, so many necessary tasks to perform, and there are so many interesting activities that we want to take part in, that we unconsciously quicken our pace in order to get all the things done that we want to do and need to do.

When we find ourselves becoming tense, strained, and depleted, we rightly tell ourselves that we must slow down, that we must take time to observe frequent periods of relaxation so that we may be refreshed and renewed.

Quiet times of prayer will give us refreshment and renewal. Let us turn to God often throughout the day, even if it is only for a few moments at a time. In prayer we contact a wellspring of life and strength. We become responsive to God's blessings of peace, poise, and power. Quiet times of prayer will help us to maintain an unhurried, steady, orderly pace, so that we are effective and efficient in our work, relaxed and happy in our recreational activities.

✤ *Be still, and know that I am God.*—PSALMS 46:10.

I AM INFOLDED IN THE LOVING HEART OF GOD, AND I FIND STRENGTH AND COMFORT.

WHEN someone dear to us makes the change called "death," our hearts yearn to hear words of solace and assurance. Our minds seek to find such words to offer to those who are meeting bereavement. The right words come when we ask God to give them to us. But even better than the words that are spoken to us or the words that we speak, is the feeling of our oneness in Spirit as we pray, our feeling of oneness with each other and with God.

Evidently it has not seemed necessary to the loving heart of God, the Father, that His children have a complete knowledge of this change. Perhaps since there is truly no beginning and no ending, there is really nothing to know except that God is, we are, and life is eternal.

At this stage in our unfoldment the path of prayer offers us the peace, the release, the strength that makes us know "There is a unity beyond the unities of time and place and even thought, a unity that links us as one, just as all the waves are one sea and all the islands one earth."

♣ *Blessed* be *the . . . God of all comfort.*—II COR. 1:3.

I REJOICE IN THE KNOWLEDGE THAT I AM A CHILD OF GOD, HEIR TO THE FULLNESS OF HIS LIFE.

WHEREAS I have thought of myself as inheriting certain weaknesses, tendencies, or physical limitations, I now know myself to be the child of God, heir to His life.

I rejoice in the knowledge that my heritage is strength—strength to use my body and to enjoy using it. I rejoice in the knowledge that my heritage is vitality—vitality to meet the needs of everyday living and continue to feel refreshed. I rejoice in the knowledge that my heritage is wholeness—wholeness for every organ and every part, wholeness for mind as well as for body.

I rejoice in the knowledge that as God's child I am heir to life that is not measured in years and by birthdays, life that is not limited by reason of physical heritage. I rejoice in the knowledge that I am heir to the fullness of God's life, life that is eternal, life that is complete, life that is perfect!

♣ *The Spirit himself beareth witness with our spirit, that we are children of God: and if children, then heirs; heirs of God, and joint-heirs with Christ.*—ROM. 8:16, 17.

BE STILL AND KNOW THAT I AM GOD.

TODAY I will practice the art of being still. I will not allow myself to become unduly disturbed about anything, but always in the face of every challenge, I will pause for a moment to become deeply calm in the presence of my indwelling Lord. In that moment of infinite calm I will find the help and strength I need to rise to the occasion.

I will not act impulsively, but always stand still long enough to quietly turn within to seek God's guidance. Whatever I do, I train myself to do with an inner sense of poise and tranquillity. I accomplish this inner serenity of spirit by reminding myself that the presence of God is now infolding me round about. I am not afraid of anything, or anyone, or any situation, for mightier is He that is within me than He that is in the world. His Spirit within me can heal every disease, illumine every darkness, and adjust every inharmony. I remember this and calmly surrender myself into His loving care. I rest in the stillness of my soul, knowing that God is with me and all is well.

♣ *Trust ye in Jehovah forever.*—ISA. 26:4.

GOD IS YOUR HELP IN EVERY NEED.

My heart bids me bless others. Many times in the course of a day I see someone who needs to know that God is his help in every need. I read of a family in distress, hear of a child in need of healing. My eyes and my ears tell me there is an urgent need for people to have a better understanding of the help that is so near to them.

How can I tell a stranger, "God is your help in every need"? Very seldom would it be wise or feasible for me to do that. But it is always wise and right to let a prayer well up in my heart and pour love out through me.

It is not a matter of feeling sorry for another or pitying him that stimulates me to bless him. Rather, I bless him since God's Spirit in me is quickened to the possibilities of help that are within the other person, and God's Spirit in that other person is seeking full and free expression.

I know with certainty, "God is your help in every need." Knowing this, I am the blessing my heart bids me be.

♣ *Let no man seek his own, but* each *his neighbor's* good.—I Cor. 10:24.

GOD'S LAW OF LOVE AND JUSTICE WORKS IN ME, FOR ME, AND THROUGH ME TO SECURE MY GOOD.

If another person seems to be unfair in his dealings with me or if he seems to stand between me and my good, I do not add to the hurt by retaliating with negative thoughts and words. I know that condemnation, criticism, bitterness, and vindictiveness set up a barrier that keeps my good from me. I keep my thoughts right about the situation and the person. I maintain my poise and peace. I keep my thoughts loving and forgiving. I ask God to direct and guide me in all my contacts with the other person. I ask Him to quicken in me wisdom and understanding.

Prayer helps me to call to remembrance that the divine law of justice, the divine law of love brings my own to me. My faith is wholly in God.

I set the law of love and justice into operation in my life the moment I begin thinking only loving, constructive thoughts. Then God works unimpeded in me, through me, and for me to secure my good.

✤ *That which is altogether just shalt thou follow.* —Deut. 16:20.

I AM NOT DISMAYED BY NEGATIVE APPEARANCES; I MEET EVERY EXPERIENCE WITH A CALM AND CONFIDENT SPIRIT.

I AM not upset or disturbed by appearances of lack or of difficult situations. I am not pushed or pressured into hasty or ill-considered actions by circumstances. Instead, I affirm my oneness with the almighty Spirit of God within me and call upon His wisdom and power to uphold and direct my thoughts, words, and acts.

Regardless of appearances, I take time to turn to God in prayer and to listen for His answer. I know that the wisdom of God in me is wiser than any problem; I know that His power in me is greater than any difficulty. I know His love surrounds and infolds me; I know that His Spirit makes me the master of every situation if I will but follow His guidance.

I will remember that "I am strong in the Lord and in the power of His might." In this assurance I am calm, poised, and serene. I am not intimidated by any negative appearance. I meet every challenge with a calm and confident spirit.

♣ *For thus said the Lord . . . in quietness and in confidence shall be your strength.*—ISA. 30:15.

I AM GUIDED BY INFINITE WISDOM, AND ORDER IS ESTABLISHED IN MY FINANCES.

HAVE you something for sale? A house? A car? Property? Are you in the market for a new home? Furniture? Automobile? Have you rooms for rent? Are you seeking an apartment or a place to live? Many of us find ourselves faced with one or more of these problems. We need wisdom to guide us and order in our finances to handle such transactions.

We want to do what is right in every case. We desire a fair exchange of values; we want all persons concerned to be happy and satisfied. As we pray for wisdom, we will know the outer steps to take as well as the proper attitude of mind.

Prayer makes positive action easy; prayer makes positive thought natural. Prayer brings the right buyers for those things we have for sale. Prayer guides us to what we have need of, and prayer makes it possible for everyone interested to be blessed. Prayer brings us wisdom, order, and prosperity.

✤ *For wisdom is a defence, even as money is a defence; but the excellency of knowledge is, that wisdom preserveth the life of him that hath it.*—ECCLES. 7:12.

I BLESS MY BODY AS A PERFECT VEHICLE FOR THE EXPRESSION OF GOD'S LIFE.

I BLESS my body today. First, I bless my body with the thought of harmony. I give thanks that no part of my body is out of harmony with another part of my body, that all functions are harmonized, and that every organ is doing its perfect work in a perfect way.

I bless my body with the thought of strength. I affirm that there is no lack of vitalizing strength in any part of my body. I realize I can draw on infinite strength, and in this realization I find myself quickened and renewed.

I bless my body with the thought of freedom. I rejoice that it is not bound to old ideas. I am free with the freedom of Spirit. I need not accept bondage to the idea of old age, or the idea of disease and negativeness of any kind. Because I am free with the freedom of Spirit, I am the ageless, ever-unfolding, ever-renewing expression of infinite life.

I bless my body today, knowing it is a perfect vehicle for the expression of God's life.

♣ *I shall come in the fulness of the blessing of Christ.* —ROM. 15:29.

GOD IS WITH ME WHEREVER I AM.

THE truth is so simple, yet it is such a tremendous thing: God is with me wherever I am. What does this truth mean to you; what does this truth mean to me?

God is with me when I am at home alone, when I am in the midst of a milling crowd, when I drive on a curving road or a fast turnpike. Wherever I am God is with me. I cannot be parted from Him. He is always with me.

Why, then, do I ever entertain thoughts of doubt and fear? How foolish! Why do I accept any negative conditions at all? God is with me! And with God all things are possible. He is with me, and through prayer I know my oneness with Him at any moment of the day or night. As I grow more conscious of His constant presence, I carry peace and confidence with me all the time. I am able to radiate strength and poise to others, to change an atmosphere of doubt to one of assurance, to touch another life with a healing hand or a thought of courage.

God is with me. God is with you. It is the Truth.

♣ *Lo, I am with you always.*—MATT. 28:20.

I LOVE LIFE. I REJOICE IN THIS WORLD IN WHICH I LIVE.

I LOVE life. I love life in all its many wonderful phases and I happily accept the experiences that come my way as opportunities to grow stronger in my spiritual understanding.

I love all the many changes in my life, for I realize that changes make for variety in living, and variety makes for balanced soul unfoldment. I believe that divine wisdom knows my needs and is bringing to me, now and forever, the persons and situations that my soul growth requires. So with my mental arms wide open toward life, I welcome all the experiences that come to me with a grateful and unqualified attitude of "Yes."

I accept the world about me and I accept myself. I accept every person who comes my way as he is, and where he is. I love life! I accept life! I rejoice in this world in which I live.

I bless those around me that they, too, may have a love for life, an appreciation of the changes that come to them. I bless them that they might accept the world and rejoice in it.

♣ *I have learned, in whatsoever state I am, therein to be content.*—PHIL. 4:11.

I TAKE TIME TODAY TO KNOW GOD.

THE thought for this day is more of a promise I make to myself than a prayer. Today I take time, perhaps I will even need to make time to be alone and still for a few moments. I shut away all thought distractions of the outer world. I take time to know God.

The Lord's Prayer, the 23d Psalm, or some other dear, familiar prayer helps me to begin my prayer time. Then I simply rest in the silence, in God's very presence. In this way I know God. During part of this time of knowing, my mind dwells on some favorite affirmation to quicken my understanding of health, prosperity, and harmony. If there is some problem to solve, I give that problem to God; I place it in His care unhesitatingly. I leave it there, knowing all is well.

Alone and still, this time of knowing God is my time of renewal. It is a time of spiritual renewal when my soul is swept clean of doubts. It is a time of physical renewal when every cell of my body is renewed. It is a time of renewal and reordering of every phase of my life.

♣ *Be ye transformed by the renewing of your mind.* —ROM. 12:2.

I ACCEPT EVERY CHANGE IN MY LIFE WITHOUT RESISTANCE, FOR I TRUST GOD TO REVEAL NEW OPPORTUNITIES FOR GROWTH AND UNFOLDMENT.

MOST of us are satisfied with things as they are, and we feel contented and happy with our way of life. We do not want to make changes. Life, for the most part, is simpler when we can go on from day to day in the same surroundings and among the same people. But life is a continual process of growth and unfoldment, and often it seems necessary for some change to come into our lives if we are to make further progress.

By resisting change we may be resisting our good, because we are not always able to see with the human eye the way life is unfolding, nor can we know the blessings in store for us. If changes do come into our lives, whether in relation to our homes or our work, we can meet them without resistance; we can make the required adjustments when we trust God to reveal the good to us. Let us keep in mind always that God wills only good.

♣ *He that giveth heed unto the word shall find good.* —PROV. 16:20.

I BELIEVE THAT HEALTH IS CATCHING. I AM A SPIRITUAL BEING AND IMMUNE FROM ALL SO-CALLED DISEASE.

I BELIEVE that health is catching. I believe I am a spiritual being, unfettered, unbound, strong, fearless, free. I believe that my body is life, substance, and intelligence and is immune from all so-called disease.

I do not choose to live in a thought of fear. I choose to live in a thought of faith. I choose to be a part of the wide "seeding" of health. I do not believe in epidemics. I do not add power to such a belief by even one thought or one word. I believe in and accept the idea that health is catching.

Because health is catching, I am momently blessed with complete wholeness, entire freedom, and radiant perfection. Because I know health is catching, my mind is calm, poised, and serene. I remember that all the people I meet carry healing with them, just as I carry the healing Spirit with me. We are all exposed to perfect health now! We are seeding health. Health is catching!

♣ *Lay hold on the life which is* life *indeed.*—I TIM. 6:19.

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Have You Ever Felt Alone?

WEEKLY UNITY

While They Are Yet Speaking

If you have ever felt as though you were alone in the world and unprotected, you will want to read the inspiring article "Your Invisible Shield" in the January 26 number of *Weekly Unity* magazine.

In this article, Constance Foster tells how any person anywhere can find a sense of complete and enfolding protection at all times. The method she describes can give help to meet every problem and faith to dissolve every fear.

Weekly Unity comes to you each week with articles as warm and practical as the one mentioned here, plus features, inspiring poetry, and lovely pen-and-ink drawings. One friend writes: "*Weekly Unity* is a great source of comfort. Many times when the world seems to be 'too much with me,' I open it and there always seems to be something printed there especially for me, to help me with the problem at hand."

Why not join the friendly circle of *Weekly Unity* readers? You can receive a full year's subscription to the magazine—52 weekly issues—for only $1. Be sure to ask that your subscription include the January 26 number, featuring "Your Invisible Shield."

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

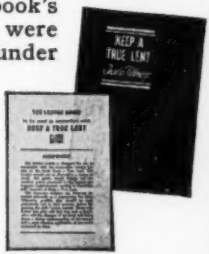
FIND A NEW MEANING FOR EASTER

By Joining in The 1958 Unity Lenten Program

Last April, a friend in the Canal Zone wrote to Unity, "This Easter has had a new meaning for me since I studied *Keep a True Lent.*"

Many more persons this year will be discovering new meaning for Easter by observing Lent the Unity way—as a season of study and prayer, during which they seek to deny themselves not material "things" but negative thoughts.

To take part in the Unity Lenten Program, you need only your own Bible, the book *Keep a True Lent,* and the free *Lenten Guide,* which was especially written to accompany the book. *Keep a True Lent* contains an inspiring lesson for each day of the Lenten season, from Ash Wednesday, February 19, to Easter Sunday, April 6. These lessons, and the book's outstanding introductory chapters, were written by Charles Fillmore, cofounder of Unity.



Keep a True Lent is priced at only $1, and with it you will receive without charge a copy of *The Lenten Guide.* If you already have the book, Unity will be happy to send you the free guide on request.

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NEW WAYS TO BECOME SELF-SUPPORTING!

A Unity friend in California writes: "The Prosperity Bank plan is helping me find new ways to make myself self-supporting when I had lost all hope. Bless you for helping me open the channels to God's bounty!"

The Prosperity Bank plan can help you, just as it helped this person, to fill the needs closest to your heart—however special they may be. It is a plan of daily prayer and sharing that strengthens faith through encouraging direct reliance on the divine Source of all good. Use the coupon below to try the Prosperity Bank plan today.

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A Book of New Beginnings

PERFECT FOR THE NEW YEAR!

"I have just finished reading *Beginning Again,*" writes a Unity friend, who had received the book as a gift, "and now I must read it over and over, as each paragraph contains so much help and inspires so much confidence. For some time I have felt like a ship without a sail or rudder, but now I'm beginning to replace fear with courage and get my bearings again."

The book *Beginning Again,* by Frank B. Whitney, was written especially to help its readers make a new start. It is dedicated to those "who would emerge out of an old world into a new." Its seven chapters discuss new beginnings in human relations, finances, health, prayer, and other subjects close to daily living. And each chapter is introduced by one of Mr. Whitney's poems and by a page of Bible passages.

Rich in wisdom and inspiration, *Beginning Again* is perfect for New Year's reading. You will want a copy for your own Truth library, and it also makes a thoughtful and sure-to-be-appreciated gift. *Beginning Again* is priced at only $1 a copy.

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How Perfect

R. H. GRENVILLE

Six sides to the snowflake,
Little frosty star!
Three, to form the pine tree's
Pyramidal spar.
How exquisite, how perfect
Nature's patterns are!

Shell-shaped ears to listen,
Star-bright eyes to see
Earth's and heaven's wonder;
Hands in pairs, to be
Instruments of service
In life's ministry.

Since all things reveal so
Definite a plan,
I can well believe that,
When the world began,
God made love the pattern
For the heart of man.